

Amendment to the Specification:

Please replace the paragraph bridging pages 6 and 7 of the specification with the following amended paragraph:

In any event, the technique for building a piece of exercise equipment will be drastically modified by the present invention because it will merely involve the cutting of plates **32** and **34** from $[\frac{1}{4} \text{ inch} \text{ } \text{---} \frac{1}{8} \text{ inch}]$ 3/16 inch steel and will eliminate the need, for example, for horizontal member **22**, vertical member **24** and the right angle leg **26** shown in Figure 3. The plates **32** and **34** in Fig. 4 are held in spaced relation by inserting the tabs or ends **124** of braces, such as brace **122**, into the rectangular slots **126** located about the peripheries of the plates. The ends of the braces are then welded to the plates. After the ends of the braces **122** and flat cross members **44**, **46**, **48** and **50** (shown in Fig. 2) are welded into place, the-clamps can be removed and the frame structure consisting of the side members **32** and **34** will hold in a flat condition after which various pistons, cylinders and levers etc can be mounted between the two plates **32** and **34**.